

Note: Service members who do not meet the time deadline:

- Complete the VA disability compensation claim before final out-processing.
- Attend the VA disability claims briefing held each Monday.
- Turn in the VA compensation claim form with the service medical records during final out-processing.

The claim and the medical records are forwarded to the Veterans Administration Regional Office (VARO) having jurisdiction over your address on the claim form.

The VARO schedules any medical examinations required to complete processing of the VA claim.

Service members who do not complete a VA disability claim before final out-processing may contact the VARO by calling 1-800-827-1000 after separating from service. VARO will provide them with the disability claim form and other necessary information.

Although a claim may be filed at any time after separation, it is recommended that the initial application be completed within one year of release from service.

To request a copy of your Veterans Affairs Compensation and Pension Exam under the Freedom of Information Act (FOIA), follow the instructions below. Your exam should be available 30-60 days after your ETS or retirement date.

a. If you know your records are filed at the Waco VA Regional Office, send a letter to the following address:

Department of Veterans Affairs
Waco Regional Office
ATTN: Request for Records
701 Clay Avenue
Waco, Texas 76799

b. If you do not know where your records are filed, call 1-800-827-1000. This number will connect you with the nearest VA office. Request the location of your Compensation and Pension Exam file and the address of the facility.

In your letter to the VA, request a copy of the following:

1. Pre-separation VA Exam (General Medical)
2. DD Form 2808 Report of Medical Exam
3. DD Form 2807-1 Report of Medical History
4. Complete copy of VA Compensation and Pension Exam.

Exclusions: Individuals seeking service connection for undiagnosed illnesses or residuals of exposure to environmental hazards resulting from service in the Gulf War theater of operation after Aug. 2, 1990, are excluded from participating in the program. In such cases, the completed VA Form 21-526 should be turned in with the service medical records during the final out-processing so that the claim can be forwarded to the VA for scheduling of an examination following separation from service.

Soldier Medical Readiness Center

South Entrance of the
Thomas Moore Health Clinic
Building 2245
58th Street and 761st Tank Battalion Ave.
Fort Hood, Texas 76544
254-285-6231/ 6232



Public Affairs Office
Darnall Army Community Hospital
Fort Hood, Texas 76544
www.hood-meddac.army.mil
FH MDA HO 229 (Revised)
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Physical Examination Separation & Retirement



Veterans' Affairs & Department of Defense



Darnall Army Community Hospital

Fort Hood, Texas

www.hood-meddac.army.mil

ETS Physicals

Soldiers are not required to complete a separation physical, but they may schedule one if they desire. There is no advantage to completing an ETS physical if a soldier's medical condition is well documented in the medical record. In this instance, an ETS physical may only delay out-processing. Soldiers who do not have a potential service-connected disability but want a separation physical exam should contact their health clinic to schedule the exam. Schedule the exam well in advance of your separation date. Physical exams will not be scheduled less than 30 days from separation.

Soldiers who do not desire a separation physical should contact their health clinic for a waiver to complete the clearing process.

Retirement Physicals

A retirement physical examination is mandatory and should be scheduled well in advance of the retirement date. Soldiers can receive an exam up to twelve months before retirement or up to four months before transition leave. Physicals will not be scheduled less than 30 days from retirement or transition leave. If you have an injury or illness that is a result of military service, please read the section on VA Physicals.

Veterans' Affairs and DOD Physical Exams for Separation, Retirement & Veterans Compensation Program

Service members who are planning to file a Veterans' Affairs (VA) claim for an injury or illnesses that is a result of military service can receive their separation and VA compensation physical examination at the same time.

The goal of this program, sponsored by the Department of Defense (DoD) and the Department

of Veterans Affairs (DVA) is to reduce duplication of effort and expedite VA claims processing.

To combine your separation and VA physical and file a VA claim, you must begin the process well before you will leave the service.

Do not schedule a medical examination earlier than four months nor later than one month before the anticipated date of separation or retirement. Soldiers may request the exam four months prior to transition leave. When the examination is because of retirement, discharge, or release from active duty, it is good for 12 months from the date of the exam. If the examination is completed more than four months before release from active duty, discharge, or retirement (or four months prior to transition leave date if the soldier requests it), DA Form 3801 is attached to the original DD Form 2808.

The Combined Physical Exam Process:

1. Visit your unit Troop Medical Clinic or health clinic to schedule Part I.

- Coordinate with your clinic to ensure that copies of your reports (CT scans, MRI, consults, shot records, etc.) are present in your medical records. It is very important that you bring copies of ALL profiles (temporary and permanent) to your VA appointment.
- Tab your medical records before appointments to help identify medical visits or reports that may deal with your VA claim or disability. This will speed the process.
- Female Personnel: Schedule a PAP/Well Woman exam with your primary care provider if you have not had one within the past year.

2. Go to the Soldier Medical Readiness Center (SMRC) in the Thomas Moore Health Clinic (58th Street & 761st Tank Battalion Avenue) on the day of your appointment to complete Part I.

- Retirement or over-40 physicals: IMPORTANT - DO NOT EAT anything after midnight the day before your appointment. You may take prescribed medications with water.
- Bring your glasses/contacts (if you wear them) and report in your PT uniform. Bring your ID card and a pen.

3. Attend the VA Disability Claims Assistance Briefing.

- Briefings are held each Monday, 1245, in Building 134 (across from Rivers InProcessing Center). A disability application will be completed at the briefing.

4. Schedule Part II Physical Exam

Take the completed VA Form 21-526, your Part I packet completed by the SMRC, medical record, and supporting documents to Thomas Moore Health Clinic, Room F05. The VA staff will schedule the exam and stamp your medical record to indicate the VA has a claim in process. The medical record is given back to you at that time.

5. VA Examination

Soldiers who are being released from service because of a medical discharge should attend the VA Disability Claims Assistance briefing as soon as possible after receiving the MEB/PEB decision (see paragraph #3). Report to Room F05 at Thomas Moore Health Clinic with the MEB forms and VA Form 21-526. Time is critical, and this must be done at the earliest possible date.

6. VA Rating

Take your service medical record and dental record to Building 117 after completing any ongoing treatment and before final out-processing. This allows the VA the opportunity to complete your rating. The VA will give you a receipt for your records. This allows you to complete your final out-processing at Fort Hood.